References to safety

The Theralive only is allowed to be plugged into a voltage supply which is stated on the name-plate (9).

Patients with a serious handicap as well as children should use the THERALIVE only with a helping person.

Keep playing children and animals away from the THERALIVE.

Put the mains lead (4) in such a way that there is no risk to stumble, and that it cannot get in contact with the foot-rests (8). Do not use the THERALIVE when the mains lead is damaged.

Never touch into the running pedals.

After training switch the THERALIVE off at the mains switch (10).

Do not use the THERALIVE in moist rooms.

Always disconnect the unit from the mains before opening the casing. Let a trained partner-trader have the repair done.

Do not use cleaners containing strong solvents.

Important references to therapy

The following tips are important for your safety as well as for the success of your movement therapy :

- start with a training period of approx. 15 minutes. You can slowly force up the training period until your personal efficiency level is reached.
- The bigger the distance between the THERALIVE and your chair / wheel chair, the more your knee-, hip- and ackle-joints will be extended. Start your training with a small distance. Avoid over-extension of your knee-joints.
- You can use the THERALIVE while sitting in your chair, wheel-chair, or lying in bed or on an exercise mat. Always make sure to have the right posture while training. Ask your doctor or physiotherapist for advice.
- Always start your training sessions with passive gymnastic (with motor force) for relaxation of the muscles.
- When using the **spastik**-function, observe the following points :
  - choose a little length of the pedal-arms (-> removal of the pedal length)
  - start with a little number of revolutions (-> remote control)
  - set the **Spastik**-function **ON** (-> remote control)
  - use the THERALIVE only with foot- (8) and calf-rests (5).
  - hold the safety handle (1).
  - use your wheel-chair's tip-up protection.

First putting into operation

Connect the mains input (10) of your THERALIVE to the mains by means of the supplied mains lead. Put the mains switch (next to the mains input) in position "I". The THERALIVE is now ready for use. You can start the THERALIVE with your remote control.

Setting the pedal length

With the setting of the pedal length (7) you can adapt the length of the pedal arm (= extent of movement) to your personal needs. Please observe the following procedure :

1. Remove legs from the foot rests (8).
2. Untie fixing screw (7) with supplied hexagonal key.
3. Bring foot rest (8) in desired position and tighten fixing screw (7) rigidly. (If your suffering from joint stiffness or spasms, we recommend to start with a small pedal length.
4. Repeat this process on the other foot-rest.

Foot rests

You can train with or without shoes in the foot rests (8). Fixing straps with soft lining allow a secure fixation of the feet.. The foot-rests (8) are broader in the front feet section, so that you can place your feet in the ergonomically correct 7°-position.

Calf rests

The calf rests (5) are pliable, thus allowing a free movement of the ancle joint. By loosening two fixing screws the calf rests (5) are adjustable in height. The shanks can be tightened securely by means of the fixing straps with soft lining.

Safety handle

When you want to make active callisthenics or if you suffer from spasms or muscle cramps, the safety handle (1) gives you a secure hold. For the horizontal and vertical adjustment there is a fixing screw (3) at the fastening porter. Untie the screw (3) with the enclosed hexagonal key, put the safety handle in desired position and tighten the fixing screw rigidly. Fasten the safety handle in a manner that you have an optimal training position (straight back).

Remote Control

On/Off

By pressing the ON/OFF-key, the remote control is switched on, pressing it once again switches the remote control off. Burning LEDs indicate the actual parameter settings :

- sense of rotation : forward.
- motor force : maximal (approx. 20 kg).
- number of revolutions : 0 revolutions / minute.
- arm/leg : leg training.
- **spastik**-function : OFF.

To start the THERALIVE simply increase the number of revolutions.

Sense of rotation

You can get the actual sens of rotation from the luminaries. When pressing the sense of rotation-key, the sense of rotation is inversed, pressing the same key once again brings you back to the initial sense of rotation. When changing the sense of rotation, all other parameters remain on the adjusted values. A change of the sense of rotation starts and ends smoothly.

Number of revolutions

When pressing the "+"-key, the number of revolutions increases.
When pressing the "-"-key, the number of revolutions decreases.
The luminaries show you the actual number of revolutions. The maximum number of revolutions is at 60 rev./minute.

Motor force

The motor force has a double function :

1. with the motor force you can adjust the brake resistance.
   In active training with muscular strength, the set motor force (display) shows the resistance which you have to overcome : the more lights in the luminary are shining, the higher the motor force you have to overcome. <u>For active callasthenics, THERALIVE offers you the following possibilities :</u>
   a) Remote control **OFF**. You work without brake against the motor resistance.
   b) Remote control **ON**, number of revolutions "0", motor force (brake resistance) variable. You work without motor support, using your own muscle force against a variable resistance.
   c) Remote control **ON**, with variable number of revolutions and variable motor resistance (brake resistance). You accelerate the running motor in order to acceed the chosen number of revolutions and therefore overcome the chosen resistance.

   Remote control **ON**, with variable number of revolutions and variable motor resistance (brake resistance). You can make a sort of isometric training by trying to block the motor. You choose the motor resistance in a degree that your own muscle force is just enough to block the motor. This tension should be maintained for a few moments.

2. When the **spastik**-function is activated you can adjust the maximum load which will influence the anti-spasm-control to stop the motor (Sensitivity).

Anti-spasm control

With the anti-spasm control switched on (shining luminaries), the motor stops immediately after a spasmodic cramp. After a few seconds, the motor will start running forward again. When a second spasm occurs, the THERALIVE will react in the same way.
After the 3rd spasm, the motor will automatically stop completely, and you will have to restart the THERALIVE. Please read carefully the chapter about "Important references to therapy". You adjust the sensitivity of the anti-spasm control with the motor force (-> Motor force).

Technical data (basic apparatus)

Length..... 62 cm
Width..... 47 cm
Height ..... 49 cm
Weight ..... 15 kg
Reach of number of rotations 0 - 60 rotations / minute
Reach of moment of rotation 0 - 20 Nm
Pedal arm length..... 110 mm
Mains supply ..... 230 V, 50/60 Hz
Absorbed current..... 120 VA
Mains fuses ..... 2 x 1 A slow
Used materials..... steel, polystyrol, a.o.
Safety class..... 1
Safety degree..... type B
Safety mode ..... 1 PXO
Noise emission ..... Lpa ≤ 70 dB (A) according to DIN 45635-19-01-KL2

Guarantee

The guarantee period for the THERALIVE is 1 (one) year, starting from the date of purchase (your purchase invoice serves as evidence). This warranty covers all material and manufacturing defaults. Not included in this guarantee are pieces of wear and tear.
The above-mentioned warranty is not applicable on repairs of flaws or damages, resulting from inexpert use of the unit, wrong interpretation or non-observance of the operating instructions included in this user manual, from a lack of care, from an accident or from repairs or maintenance works performed by persons not authorised by medica.